

APPENDIX

II. MARKED UP VERSION OF CLAIMS SHOWING AMENDMENTS

All claims are shown including amended and non-amended claims. Claims with amendments are marked "Amended". New claims are added at the end.

1. An exercising device that is held and rotated in use comprised of two units; each unit to be held in a hand of a user;
said units each comprised of: a handle, an elongated first element attached to said handle, and said elongated first element has at least a first loop.
2. The exercise device of claim 1 which further includes a loop forming means for forming said first loop from a portion of said elongated first element.
3. The exercise device of claim 1 which further includes a loop forming means for forming said first loop from a portion of said elongated first element; said loop forming means is located on or inside said handle.
4. The exercise device of claim 1 which further includes a loop forming means for forming said first loop from a portion of said elongated first element; said loop forming means is located outside of said handle.
5. The exercise device of claim 1 wherein said first loop is formed by attaching a first section of said elongated first element to a second section of said elongated first element.
6. The exercise device of claim 1 wherein said first loop is formed by attaching a first section of said elongated first element to a second section of said elongated first element; the distance from the handle to the furthestmost point of said elongated first element is between about 10 and 24 inches.
7. The exercise device of claim 1 wherein said first loop is formed by attaching a first portion of said elongated first element to a second portion of said elongated first element; a section of said first loop is inside a portion of said handle.
8. The exercise device of claim 1 wherein said first loop is formed by attaching a first portion of said elongated first element to a second portion of said elongated first element; a portion

- of said first loop is inside a portion of said handle; said first unit further comprises an elongated second element attached to said handle or to said elongated first element.
9. The exercise device of claim 1 wherein said elongated first element is comprised of two or more cords.
 10. The exercise device of claim 1 which further includes a loop forming means for forming a loop from a portion of said elongated first element; said loop forming means is located outside of said handle; said elongated first element is comprised of two or more cords.
 11. The exercise device of claim 1 which further includes a loop forming means for forming a loop from a portion of said elongated first element; said looping means is located outside of said handle; said elongated first element is comprised of a first and a second cord; said first cord is attached to said handle; said second cord is attached to said first cord; said second cord forming said first loop.
 12. The exercise device of claim 1 wherein the distance from the handle to the furthestmost point of said elongated first element is between 10 and 24 inches.
 13. The exercise device of claim 1 wherein said handle is a portion of said elongated first element.
 14. The exercise device of claim 1 which further includes a detachable loop forming means for forming a loop from a portion of said elongated first element; said loop forming means is located outside of said handle; said loop forming means comprised of a first connector and a second connector; whereby said first and second connectors from each unit can be connected together to form a jump rope.
 15. The exercise device of claim 1 wherein said elongated element is comprised of a first length of flexible material attached to said handle, and said first length of flexible material forming a loop.
 16. The exercise device of claim 1 wherein said elongated first element is comprised of a first piece and second piece of flexible material said first piece is attached to said handle, and said second piece is attached to said first piece; said second piece forms said first loop.
 17. The exercise device of claim 1 wherein said elongated first element is comprised of a first cord and second cord said first cord is attached to said handle, and said second cord is

- attached to said first cord; said second cord forms said first loop; a loop forming means attaching said first cord to said second cord.
18. The exercise device of claim 1 wherein said elongated first element is comprised of a first cord and second cord of flexible material said first cord is attached at one end to said handle, and said second cord is attached to said first cord; said second cord forms said first loop; a loop forming means attaching said first cord to said second cord; said loop forming means comprises an annular shaped piece.
 19. The exercise device of claim 1 wherein said elongated first element is comprised of a first cord and second cord of flexible material; said first cord is attached to said handle, and said second cord is attached to said first cord; said second cord forms said first loop; a loop forming means attaching said first cord to said second cord; said loop forming means comprises an annular shaped piece; said annular shaped piece having holes that accept and attach to a portion of said first and second cords.
 20. The exercise device of claim 1 wherein said unit further comprises a plurality of loops; said loops attached directly or indirectly to said handle or to said elongated first element.
 21. The exercise device of claim 1 wherein said unit further includes an elongated second element; said elongated second element attached directly or indirectly to said handle or to said elongated first element.
 22. The exercise device of claim 1 wherein said unit further comprises a second elongated element having at least a second loop; said elongated second element attached directly or indirectly to said handle or to said elongated first element.
 23. The exercise device of claim 1 wherein which further includes a loop forming means for forming a loop from a portion of said elongated first element; said loop forming means comprises an element selected from the group consisting of: a knot, a snaphook, a boltsnap, a hook, a hook and loop fastener, and screw-together unit.
 24. The exercise device of claim 1 wherein said handle is comprised of a portion of said first element.
 25. The exercise device of claim 1 wherein said elongated first element is at least partially covered with a tubular element.
 26. The exercise device of claim 1 wherein said elongated first element is comprised of a first cord; said first cord forming said first loop; said first cord attached to said handle by a

piece having two holes through which said first cord passes; a portion of said loop is inside said handle.

Cancel claims 27 to 48.

Please add new claims as follows:

49. The exercising device of claim 1 wherein said first loop is formed by a first knot;
an elongated second element attached to said first loop by said first knot.
50. The exercising device of claim 1 wherein said first loop is formed by a first knot;
an elongated second element attached to said first loop by said first knot and a second knot.
51. The exercise device of claim 1 which further includes: a loop forming device for forming said first loop from a portion of said first elongated element;
the distance between said first loop forming device and said handle is less than about 2.5 inches; and
the distance from the bottom of said handle and the furthestmost point of said first elongated element is between 10 and 24 inches.
52. The exercise device of claim 1 wherein said first loop is formed by attaching a first portion of said elongated first element to a second portion of said elongated first element;
said first unit further comprises an elongated second element attached to said first loop at two places;
said first loop and said second elongated element at least partially covered by a tubular element; said tubular element maintains a spread-open "U" shape at the end of said first loop.

53. An exercising device that is held and rotated in use comprised of two units; each unit to be held in a hand of a user;

said units each comprised of: a handle, an elongated first element attached to said handle, and said elongated first element has at least a first loop; said first loop formed by a first loop forming device;

an elongated second element attached directly or indirectly to: (i) said handle, (ii) said first loop, (iii) said first loop forming device, or (iv) said elongated first element.

54. The exercise device of claim 53 wherein the distance between said first loop forming device and said handle is less than about 2.5 inches; and

the distance from the bottom of the handle and the furthestmost point of said first elongated element is between 10 and 24 inches.

55. The exercise device of claim 53 which further includes said elongated second element attached to said first loop by said first loop forming device and a second loop forming device;

said first loop forming device and said second loop forming device located at about opposite sides of said first loop.

56. The exercise device of claim 53 which further includes said elongated second element attached to said first loop by said first loop forming device and a second loop forming device; said first and said second loop forming devices are knots;

said first loop forming device and said second loop forming device are located at about opposite sides of said first loop.

57. The exercise device of claim 53 which further includes said elongated second element attached to said first loop by said first loop forming device and a second loop forming device;

said first loop forming device is a knot; said second loop forming device is a knot;

said first loop forming device and said second loop forming device located at about opposite sides of said first loop;

the distance between said first loop forming device and said handle is less than about 2.5 inches; and

the distance from the bottom of the handle and the furthestmost point of said first elongated element is between 10 and 24 inches.

58. The exercise device of claim 53 wherein said first loop and said second elongated element at least partially covered by a tubular element; said tubular element maintains a spread-open "U" shape at the end of said first loop.

59. The exercise device of claim 53 wherein said elongated first element is comprised of two or more cords.

60. An exercising device that is held and rotated in use comprised of two units; each unit to be held in a hand of a user;

said units each comprised of: a handle, a first chord attached to said handle, a first loop formed by attaching a first section of said first chord to a second section of said first chord using a first loop forming device; said first loop forming device is a first knot;

a second elongated element attached to said first loop by said first knot and a second knot; said second elongated element is comprised of said first chord.

61. The exercise device of claim 60 wherein said second elongated element is attached said first loop by said first knot and a second knot; said first knot is a bowline knot;

said first knot and said second knot located at about opposite sides of said first loop.

62. The exercise device of claim 60 wherein said first loop and said second elongated element are at least partially covered by a tubular element; said tubular element maintains a spread-open "U" shape at the end of said first loop.

63. The exercise device of claim 60 wherein the distance between said first loop forming device and said handle is less than about 2.5 inches; and

the distance from the bottom of the handle and the furthestmost point of said first elongated element is between 10 and 24 inches.